

# Sofia's Sweet Sushi



This fun sweet treat encourages your preschooler to get creative! Together, pick out his or her favorite Halloween candy and assemble the treats to resemble sushi. The ingredients and directions below are a starting point, but feel free to come up with your own creations!

## Reminders

- All actions involving knife cutting, cooking, and stove usage should be handled by a grown-up.
- Ask parents if partygoing children have any food allergies.

## Ingredients

- 2 tbsp. butter, cut into pieces
- 16 regular marshmallows
- 4 cups crisped rice breakfast cereal
- Fruit leather (long, rectangular strips and square pieces)
- Licorice twists
- Gummy worms
- Gummy fish
- Your preschooler's favorite Halloween treats



### To make the "sushi rice":

Please note that only grown-ups should make the "sushi rice".

1. Melt butter in a medium saucepan over low heat and add marshmallows. Stir marshmallows until completely melted.
2. Remove mixture from heat and add breakfast cereal. Stir until the cereal is completely coated with the marshmallow mixture. Set aside.

### To make a maki roll (also known as a cut roll):

1. Roll out the fruit leather (long, rectangular strips), but keep the plastic on for now. Flatten it out plastic side down.
2. Place cereal-and-marshmallow mixture on the fruit leather and spread evenly down its entire length, leaving an inch empty on both ends.

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3. Place licorice twists and gummi worms on top of the cereal mixture in a straight line.
4. Gently peel the plastic away from the fruit leather, and roll the fruit leather carefully to resemble a sushi cut roll.
5. Have a grown-up cut the sushi roll into individual rounds about half an inch thick each, arrange on a plate, and serve.



## To make a temaki roll (also known as a hand roll):

1. Roll out the fruit leather (square pieces) but keep the plastic on for now. Flatten it out plastic side down.
2. Place cereal-and-marshmallow mixture on the fruit leather and spread evenly. Leave a quarter-inch border empty around the edges.
3. Place licorice twists, gummy worms, and gummy fish on top of the cereal mixture.
4. Gently peel the plastic away from the fruit leather, and roll the fruit leather carefully into a cone shape to resemble a sushi hand roll.

## To make nigiri sushi (also known as fish on top of a ball of rice):

1. Have a grown-up cut long, rectangular fruit leather into strips one-half inch wide. Set aside.
2. Make rectangular shapes out of the cereal mixture.
3. Place a gummy fish on top.
4. Wrap a fruit leather strip around it.

